

Y12SR: THE YOGA OF 12-STEP RECOVERY



**STEP STUDY INTENSIVE FOR
APPLICATION AND UNDERSTANDING**

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Y12SR: THE YOGA OF 12-STEP RECOVERY

- **CREATED IN 2003: 6-WEEK CLASS**
- **GRASSROOTS EVOLUTION:**
 - WEEKEND INTENSIVE FOR 12-STEP AND YOGA PRACTITIONERS
 - WEEKLY CLASSES
 - SPACE HOLDER LEADERSHIP TRAINING
- **VISION:**
 - Y12SR MEETINGS AS PERVASIVE AS OTHER 12 STEP MEETINGS
 - Y12SR ADOPTED AS RECOGNIZED INTERVENTION FOR ADDICTION RECOVERY
- **60+ MEETINGS HELD THROUGHOUT U.S., INTERNATIONAL PRESENCE: CANADA, LONDON, 152 ACTIVE LEADERS, MORE THAN 550 TRAINED LEADERS**
- **Y12SR FOUNDATION: FISCAL SPONSORSHIP AGREEMENT WITH OFF THE MAT, INTO THE WORLD (OTM)**
- **Y12SR RESEARCH: WORK TOWARD EVIDENCED-BASED STUDY**
- **Y12SR TREATMENT CENTER INITIATIVE**
- **RECOVERY 2.0 AND Y12SR ALLIANCE**
- **NEW Y12SR OFFERING: TRANSFORMING THE SAMSKARA OF CO-DEPENDENCY**
- **INAUGURAL LEADERS RETREAT**



Y12SR

● WHAT IS IT?

- RELAPSE PREVENTION PROGRAM: BASED IN YS 2:16
- 12-STEP BASED ADDICTION RECOVERY MODEL COUPLED WITH YOGA PHILOSOPHY AND PRACTICES THAT WEAVE TOGETHER THE ANCIENT WISDOM OF YOGA WITH THE PRACTICAL TOOLS OF THE 12-STEP PROGRAMS.
- OPEN TO ANYONE DEALING WITH THEIR OWN ADDICTIVE BEHAVIOR OR AFFECTED BY THE ADDICTIVE BEHAVIOR OF OTHERS.

● WHAT IT IS NOT...

- A REPLACEMENT FOR MEETINGS, SPONSOR, OR ANY OTHER PART OF THE 12-STEP PROGRAM

OBJECTIVES

- INVESTIGATE ADDICTION AND RECOVERY FROM THE A BODY/MIND/SPIRIT PERSPECTIVE
- RECOGNIZE THE ROOTS OF ADDICTIVE PATTERNS
- DISCOVER TOOLS TO ADDRESS PATTERNS
- EXAMINE YOGIC AND PROGRAM PRINCIPLES AT PERSONAL LEVEL
- EMBRACE PRACTICES TO ENHANCE PHYSICAL, MENTAL AND SPIRITUAL WELL-BEING
- DEEPEN UNDERSTANDING AND APPLICATION

GROUND RULES


FOUNDATION OF CREATING AND HOLDING SACRED SPACE


- **CONFIDENTIALITY:**
 - **WHAT'S SAID/DONE HERE STAYS HERE**
 - **OKAY TO TALK ABOUT YOUR EXPERIENCE; DON'T PUT A NAME WITH IT**
- **ALLOW EVERYONE TO HAVE THEIR OWN EXPERIENCE - REFRAIN FROM THE TENDENCY TO FIX, MANAGE, CONTROL OR ADVISE**
- **PLEASE BE ON TIME**
- **STAY AWAY FROM SEXUAL ADVANCEMENT OR RELATIONSHIP WITH ANYONE THAT YOU DIDN'T COME WITH**
- **ALL VOICES ARE WELCOME. AND... PART OF SHARING IS SHARING TIME.**
- **USE 'I' STATEMENTS**

INTROS

 PLEASE SHARE:

 NAME?

 THREE THINGS THAT ARE IMPORTANT TO YOU

 HOW ADDICTION HAS AFFECTED YOUR LIFE;
YOUR EXPERIENCE WITH YOGA AND/OR 12-
STEP PROGRAMS

 AFTER SHARING, WE BREATHE TOGETHER

**GOD, GRANT US THE
SERENITY TO ACCEPT THE
THINGS WE CANNOT
CHANGE, THE COURAGE
TO CHANGE THE THINGS
WE CAN AND THE WISDOM
TO KNOW THE
DIFFERENCE.**

THE SERENITY PRAYER

GOD, GRANT ME THE SERENITY

**● AWARENESS, CONNECTION WITH SOMETHING
BIGGER**

TO ACCEPT THE THINGS I CANNOT CHANGE,

**● ACCEPTANCE, FOUNDATION, TURNING THE VESSEL
RIGHT SIDE UP**

THE COURAGE TO CHANGE THE THINGS I CAN

● ACTION, CORE, PREPARING THE VESSEL FOR SAIL

AND THE WISDOM TO KNOW THE DIFFERENCE.

**● LET GO, EXPRESSION, SET SAIL ON SPIRITUAL
VOYAGE**

OVERVIEW:
THE DIS-EASE OF ADDICTION
A SOLUTION
YOGA PHILOSOPHY

FEELINGS

Feeling	Carried or denied can produce	Gift
Anger	Rage	Strength, energy, motivation
Fear	Panic, paranoia	Wisdom, protection
Pain	Depression, hopelessness	Healing, growth
Loneliness	Isolation, helplessness	Reaching out, reaching in
Shame	Worthlessness	Humility, humanity
Guilt	Immobility	Amends, values
Joy	Hysteria	Hope, healing and spirituality

ADOPTED FROM TENNIE MCCARTY - SHADES OF HOPE

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A WAY OF BEING

- INFORMATION VS. EXPERIENCE
- “I KNOW”
- “WHAT THE HELL DOES ‘I KNOW’ HAVE TO DO WITH IT?”



THE DISEASE OF
ADDICTION

THE DIS-EASE PROCESS

DISEASE PROCESS - 'A DEFINITE MORBID PROCESS HAVING A CHARACTERISTIC CHAIN OF SYMPTOMS. IT MAY AFFECT THE WHOLE BODY OR ANY OF THE PARTS, AND ITS ETIOLOGY (CAUSE), PATHOLOGY AND PROGNOSIS MAY BE KNOWN OR UNKNOWN.'

Diland's Medical Dictionary

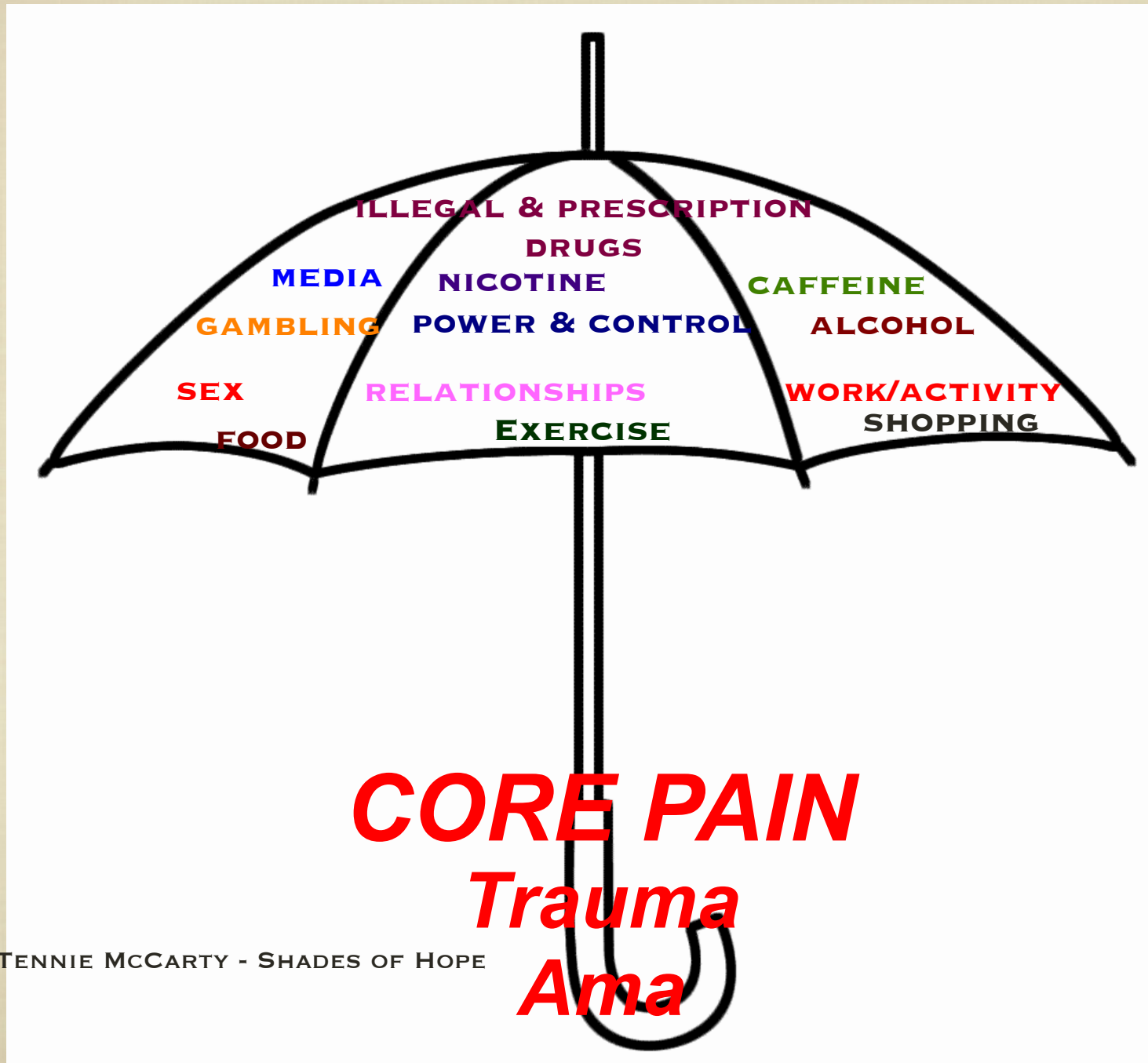
ADDICTION: CLINICAL DEFINITION

- **ADDICTIONS AND COMPULSIONS ARE DESTRUCTIVE BEHAVIORS THAT AN INDIVIDUAL ACQUIRES AS A METHOD OF COPING WITH THE PRESSURES OF LIFE. SOME ADDICTIONS HAVE GENETIC COMPONENTS AND ARE PASSED DOWN THROUGH BIOLOGICAL FAMILIES. ALCOHOL AND DRUG ADDICTIONS ARE EXAMPLES OF GENETIC CONDITIONS. OTHER ADDICTIONS CAN BE LINKED TO SURVIVAL REACTIONS IN RESPONSE TO FAMILY TRAUMA.**
- **SEX ADDICTIONS AND EATING DISORDERS CAN HAVE ROOTS IN EMOTIONAL, PHYSICAL, OR SEXUAL ABUSE. ADDICTIONS SUCH AS OVERWORK, GAMBLING, OVERSPENDING, SMOKING, AND COMPULSIVE EXERCISE APPEAR TO BE THE RESULT OF BAD HABITS. MOST ADDICTIVE BEHAVIORS ARE MALADAPTIVE RESPONSES TO UNRESOLVED TRAUMA.**

THE DIS-EASE OF ADDICTION...

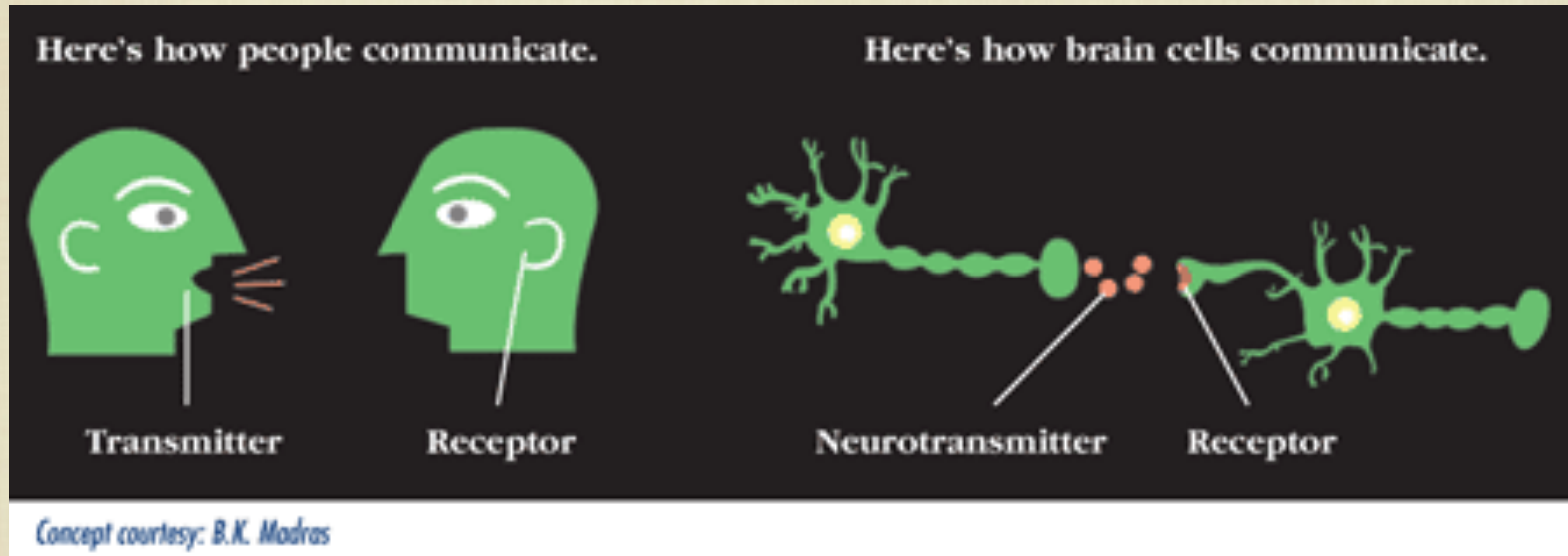
- **ANYTHING USED TO ESCAPE AN INTOLERABLE REALITY IS SOMETHING THAT COULD LEAD TO OR FORM AN ADDICTION.**
- **HOW DO YOU KNOW? 'I USED WHEN I KNEW BETTER; WHEN I REALLY DIDN'T WANT TO'**

UMBRELLA OF ADDICTION



ADOPTED FROM TENNIE MCCARTY - SHADES OF HOPE

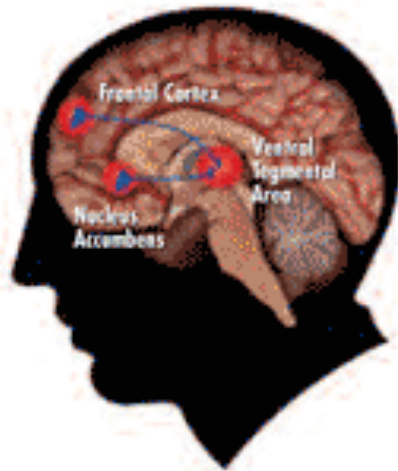
COMMUNICATION



DRUGS IN THE BRAIN

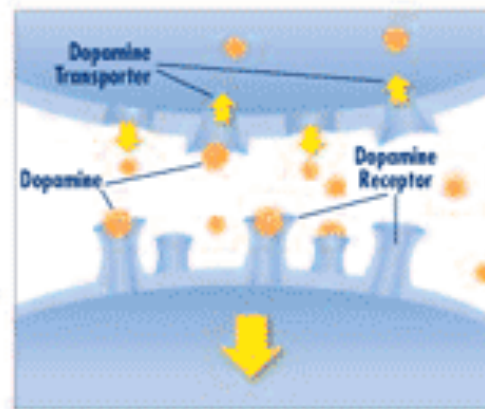
ALL DRUGS OF ABUSE TARGET THE BRAIN'S PLEASURE CENTER

Brain reward (dopamine) pathways

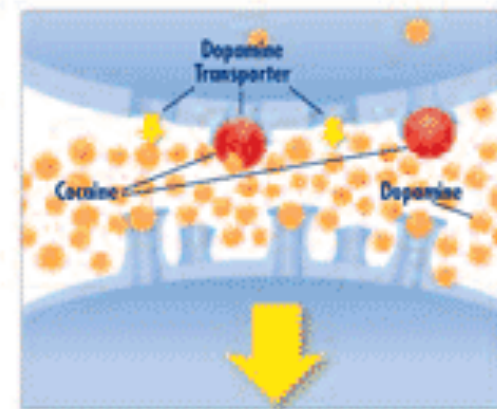


These brain circuits are important for natural rewards such as food, music, and art.

All drugs of abuse increase dopamine



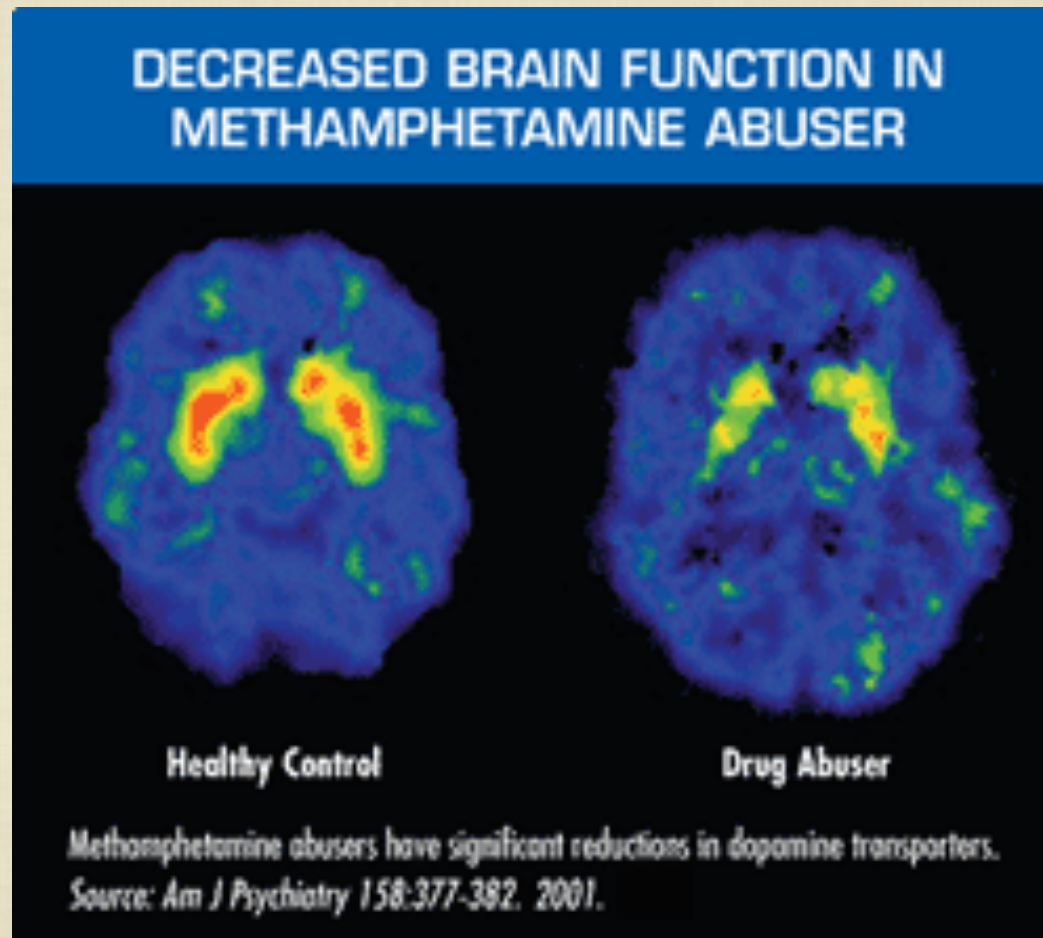
FOOD



COCAINE

Typically, dopamine increases in response to natural rewards such as food. When cocaine is taken, dopamine increases are exaggerated, and communication is altered.

BRAIN FUNCTION: METHAMPHETAMINE



CHARACTERISTICS OF ADDICTION

- **DISHONESTY (DENIAL, PROJECTION, DELUSION)**
- **NOT PROCESSING FEELINGS IN A HEALTHY WAY (DISTORTION, FROZEN FEELINGS)**
- **NEED TO CONTROL, RIGIDITY, FANTASY**
- **LOSS OF PERSONAL MORALITY (COMPROMISED VALUE SYSTEM, LOSS OF SPIRITUAL BASE)**
- **FEAR, DEPRESSION, SELF-CENTEREDNESS, NEGATIVISM**
- **THINKING DISORDER (EGO-ORIENTATION, OBSESSIVE THINKING, LINEAR THINKING, OVER-RELIANCE ON LOGIC & ANALYSIS, ETC.)**
- **PERFECTIONISM, INFERIORITY/GRANDIOSITY**
- **JUDGMENTALISM, EXTERNAL REFERENCING, ATTENTION/APPROVAL SEEKING**

A SOLUTION

THE STEPS, THE TRADITIONS & SPIRITUAL PRINCIPLES

■ THE STEPS: BRING US INTO 'RIGHT ALIGNMENT' IN SOMETHING GREATER THAN OURSELVES

🕒 STEPS 1- 3: FOUNDATION: TURNING THE VESSEL RIGHT SIDE UP

1. WE ADMITTED WE WERE POWERLESS OVER ____ AND THAT OUR LIVES HAD BECOME UNMANAGEABLE.
2. CAME TO BELIEVE THAT A POWER GREATER THAN OURSELVES COULD RESTORE US TO SANITY.
3. MADE A DECISION TO TURN OUR WILL AND OUR LIVES OVER TO THE CARE OF GOD AS WE UNDERSTOOD GOD.

🕒 STEPS 4 - 9: CORE: PREPARING THE VESSEL FOR SAIL

4. MADE A SEARCHING AND FEARLESS MORAL INVENTORY OF OURSELVES.
5. ADMITTED TO GOD, TO OURSELVES AND ANOTHER HUMAN BEING THE EXACT NATURE OF OUR WRONGS.
6. WERE ENTIRELY READY TO HAVE GOD REMOVE ALL THESE DEFECTS OF CHARACTER.
7. HUMBLY ASKED GOD TO REMOVE OUR SHORTCOMINGS.
8. MADE A LIST OF ALL THE PERSONS WE HAD HARMED AND BECAME WILLING TO MAKE AMENDS TO THEM ALL.
9. MADE DIRECT AMENDS WHEREVER POSSIBLE, EXCEPT WHEN TO DO SO WOULD INJURE THEM OR OTHERS.

🕒 STEPS 10 -12: EXPRESSION: SET SAIL ON THE SPIRITUAL VOYAGE

10. CONTINUED TO TAKE PERSONAL INVENTORY AND WHEN WE WERE WRONG PROMPTLY ADMITTING IT.
11. SOUGHT THROUGH PRAY AND MEDITATION TO IMPROVE OUR CONSCIOUS CONTACT WITH GOD, AS WE UNDERSTOOD GOD, PRAYING ONLY FOR KNOWLEDGE OF GOD'S WILL FOR US AND THE POWER TO CARRY IT OUT.
12. HAVING HAD A SPIRITUAL AWAKENING AS A RESULT OF THESE STEPS, WE TRIED TO CARRY THIS MESSAGE TO ____ THAT STILL SUFFER AND TO PRACTICE THESE PRINCIPLES IN ALL OUR AFFAIRS.

THE STEPS, THE TRADITIONS & SPIRITUAL PRINCIPLES (CONT'D)

- **THE TRADITIONS: BRING US INTO HARMONY WITH OURSELVES AND THOSE AROUND US**

- **THE SPIRITUAL PRINCIPLES: INSPIRE POSITIVE BEHAVIOR, SHIFT ATTITUDES, PROMOTE LOVE**
 - AWARENESS
 - HONESTY, OPEN-MINDEDNESS, WILLINGNESS (HOW)
 - ACCEPTANCE, GRATITUDE
 - SURRENDER
 - HOPE, FAITH AND TRUST
 - SELF-ACCEPTANCE, HUMILITY
 - COMPASSION, PATIENCE, AND TOLERANCE
 - FORGIVENESS
 - UNCONDITIONAL LOVE
 - SHARING, CARING AND SERVICE

A LITTLE HISTORY

- **FOUNDED OF AA DR. BOB AND BILL W.**

- **FORMED IN 1935**

“The generally accepted story is that the steps came to AA via the Oxford group of the Theosophical Society, who developed them by systematizing teachings of the rishis (saint, sage, yogi) of India.”

*From ‘Addictions a Systems Approach published @
www.yogamag.net*

YOGA PHILOSOPHY

YOGA - WHAT IS IT?

- **ANCIENT ART AND SCIENCE OF SELF-DEVELOPMENT THAT TEACHES PEOPLE THE FINE ART OF BALANCING OUR MULTI-DIMENSIONAL LIVES WHILE LIVING IN A COMPLEX WORLD.**
- **ENGLISH TRANSLATION OF WORD YOGA: BALANCE, INTEGRATION, UNION, RELATIONSHIP**
- **MORE THAN WELL-BEING IN OUR BODIES, YOGA IS A PATH TOWARD DEEPER MEANING AND HEALING IN OUR LIVES.**

CHARACTERISTICS OF ADDICTION

- DISHONESTY (DENIAL, PROJECTION, DELUSION)
- NOT PROCESSING FEELINGS IN A HEALTHY WAY (DISTORTION, FROZEN FEELINGS)
- NEED TO CONTROL, RIGIDITY, FANTASIES
- LOSS OF PERSONAL MORALITY (COMPROMISED VALUE SYSTEM, LOSS OF SPIRITUAL BASE)
- FEAR, DEPRESSION, SELF-CENTEREDNESS, NEGATIVISM
- THINKING (ISOLATED EGO-ORIENTATION, OBSESSIVE THINKING, LINEAR THINKING, OVER-RELIANCE ON LOGIC & ANALYSIS, ETC.)
- PERFECTIONISM, INFERIORITY/GRANDIOSITY
- JUDGMENTALISM, EXTERNAL REFERENCING, ATTENTION/APPROVAL SEEKING

MIND, BODY, SPIRIT

H²O

**SUBSTANCE AS DIFFERENT
FORMS**



SOLID - ICE - BODY

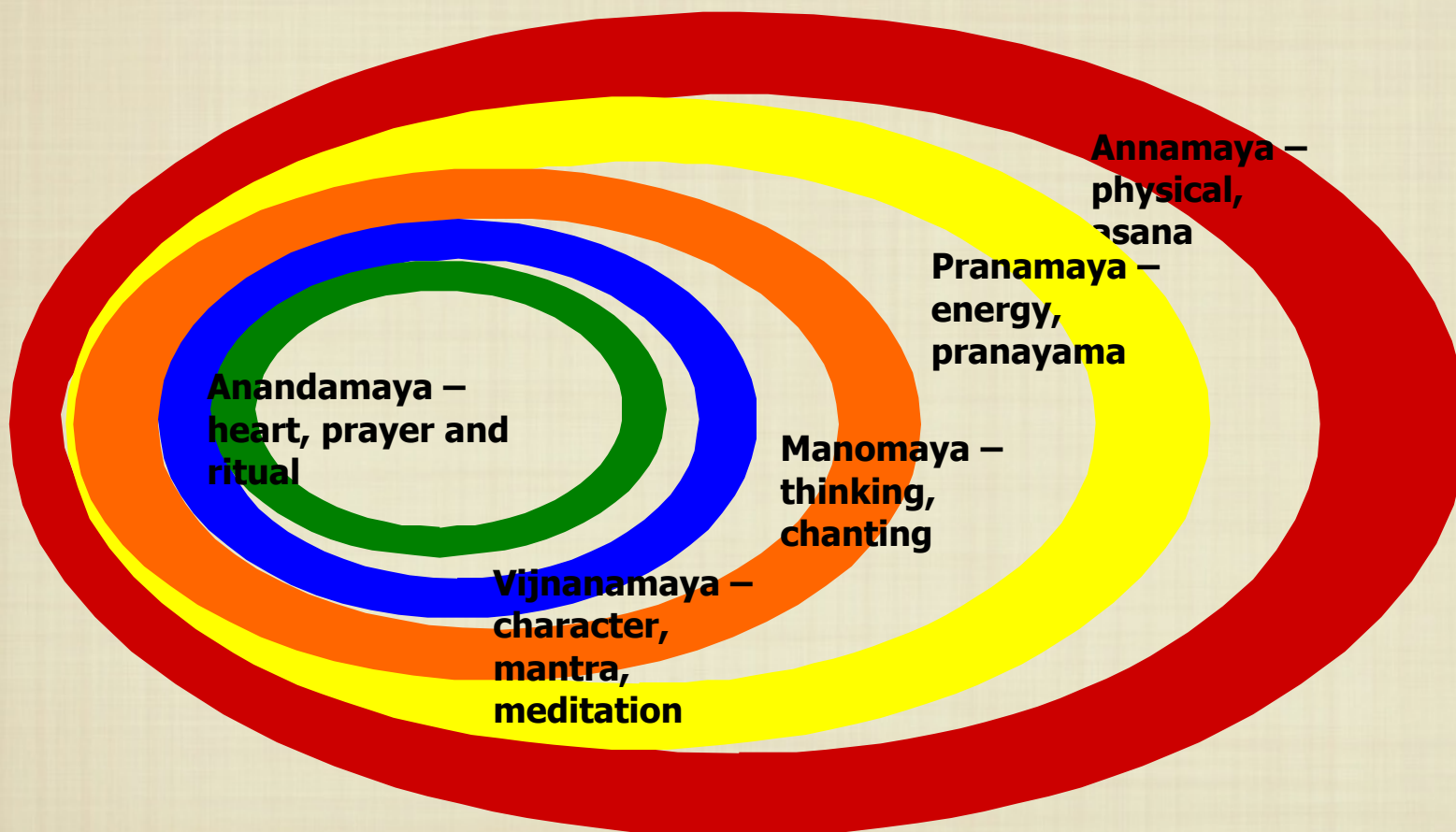


LIQUID - WATER- MIND



**GAS - VAPOR -
SPIRIT**

YOGIC MODEL OF THE MULTI-DIMENSIONAL SELF



IDEALLY THE HUMAN SYSTEM IS AN INTEGRATED WHOLE

THE MULTI-DIMENSIONAL SELF

WHEN THE BODIES ARE MISALIGNED,
DISCONNECTED OR IMBALANCED THE
SYSTEM IS SUSCEPTIBLE TO DISEASE
AND DYSFUNCTION.

"Hell is the place where
nothing connects."

T.S. Eliot

ROOTS OF DISCONNECTION

KLESHAS – CONDITIONED BELIEFS AND BEHAVIORS THAT KEEP US
BOUND, SEPARATE

DVESA – AVOIDANCE,
REFUSAL, REJECTING THINGS,
DISLIKES, ‘I DON’T WANNA’

RAGA – ATTACHMENT,
CRAVING, LIKES,
‘GOTTA HAVES’

ABHINIVESA – FEAR

ASMITA – EGO,
CONSTRUCTED
SELF

AVIDYA – INCORRECT
COMPREHENSION, FALSE
UNDERSTANDING

ADAPTED FROM ‘THE HEART OF YOGA’, T.K.V. DESIKACHAR

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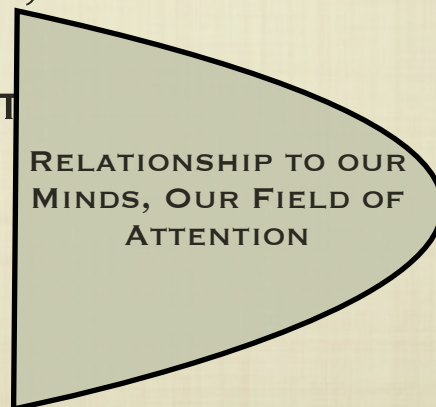
MANIFESTATION OF THE OBSTACLES

- SICKNESS, DISEASE
- DENSITY, STUCKNESS, PROCRASTINATION
- DOUBT, UNDERMINING THE POTENTIAL TO MOVE FORWARD
- CARELESSNESS, HASTINESS
- LETHARGY, LACK OF PASSION
- CRAVING
- FALSE PERCEPTION OF SELF, LOW SELF-ESTEEM/EXAGGERATED SELF-IMPORTANCE
- NOT GROUNDED, FAILING TO ATTAIN STAGES OF PRACTICE
- INSTABILITY, FALLS BACK, INABILITY TO MAINTAIN

YS I:30 VYADHI, STYANA, SAMSHAYA, ALASYA, AVIRATI, BRANTI-DARSHANA, ALABDHA-BHUMIKATVA, ANAVASTHITATVA CHITTA-VIKSHEPA TE ANTARAYAH

THE 8-LIMBED PATH TO WHOLENESS

- **YAMAS – RELATIONSHIP TO THE WORLD AROUND US**
- **NIYAMAS - RELATIONSHIP TO SELF TO OURSELVES**
- **ASANA – RELATIONSHIP TO OUR PHYSICAL BODIES; POSTURES FOR REMOVING BLOCKS IN THE BODY**
- **PRANAYAMA – RELATIONSHIP TO OUR BREATH; BREATH CONTROL**
- **PRATYAHARA – RELATIONSHIP TO OUR SENSES; TURNING INWARD**
- **DHARANA – CONCENTRATION; ONE-POINTED AT**
- **DHYANA – MEDITATION; QUIETING THE MIND**
- **SAMADHI – SELF-FORGETTING; ONENESS**



THE SIMILARITIES....

RECOVERY

STEP 1 (CAME)

STEP 2 (CAME TO)

STEP 3 (CAME TO BELIEVE)

STEP 4: INVENTORY

STEP 11: PRAYER AND MEDITATION

STEP 12: SERVICE

MEETINGS

HIGHER POWER; GOYU

'DOING THE SAME THING....'

'JUST ONE MORE'

90 MEETINGS IN 90 DAYS

YOGA PHILOSOPHY

CONSCIOUS AWARENESS "UNTIL I AM AWARE"

SANCTITY OF THE MOMENT; RESTORATION

SURRENDER

SVADYAYA: SELF STUDY; VICHARA: INQUIRY

PRAYER AND MEDITATION

KARMA. SEVA

SANGHA

ISHVARA






SAMSKARA (HABITUAL CONDITIONING)

SAMSARA (CIRCLE OF SUFFERING)






TAPAS (DISCIPLINE)

THE 8-LIMBED PATH TO WHOLENESS

YAMAS – RELATIONSHIP TO THE WORLD AROUND US

-  AHIMSA - NON-VIOLENCE
-  SATYA - TRUTHFULNESS
-  ASTAYA - HONESTY, NON-STEALING, ACTING IN FAITH
-  BRAMACHARYA - MODERATION, SEXUAL APPROPRIATENESS
-  APARIGRAHA - NON-GREED, HUMILITY, NON-HOARDING

NIYAMAS - RELATIONSHIP TO SELF TO OURSELVES

-  SAUCHA - CLEANLINESS
-  SANTOSA - CONTENTEDNESS, ACCEPTANCE
-  TAPAS - WILLINGNESS, BURNING DESIRE
-  SVADHYAYA - SELF-STUDY, SELF REFLECTION
-  ISVARA PRANIDHANA - SURRENDER, DEVOTION TO HIGHER POWER

MODEL OF TRANSFORMATION

- **DUKHA - SUFFERING EXISTS**
- **JNANA - KNOWLEDGE OF SUFFERING; IT AFFECTS ME**
- **ICCHA - DESIRE TO CHANGE; WILLINGNESS**
- **KRIYA - ACTIONS**
- **DHARMA - BIGGER WORK IN THE WORLD**
- **SVADHARMA - PERSONAL DHARMA**
- **VAIRAGYA - 'GIVING IT AWAY'**

**FOUNDATION: TURNING
THE VESSEL RIGHT SIDE
UP**

STEPS 1 - 3

UNDERSTANDING AND APPLICATION

THE STEPS

FOUNDATION

🕒 STEPS 1 - 3: TURNING THE VESSEL RIGHT SIDE UP

1. WE ADMITTED WE WERE POWERLESS OVER _____ AND THAT OUR LIVES HAD BECOME UNMANAGEABLE.
2. CAME TO BELIEVE THAT A POWER GREATER THAN OURSELVES COULD RESTORE US TO SANITY.
3. MADE A DECISION TO TURN OUR WILL AND OUR LIVES OVER TO THE CARE OF GOD AS WE UNDERSTOOD GOD.

FOUNDATION

- **HONESTLY ACCEPTING WHAT IS**
- **STOP AND NAME THE PROBLEM**
- **RECOGNIZE THAT THERE IS A SOLUTION BEYOND ME**
- **MAKE DECISION TO CHANGE**

THE SPIRITUAL PRINCIPLES

● SPIRITUAL PRINCIPLES UNDERLYING STEPS 1 - 3:

● HONESTY, OPEN-MINDEDNESS, WILLINGNESS (HOW),

● HUMILITY,

● ACCEPTANCE,

● SURRENDER,

● FAITH,

● TRUST

APPLICATION

WHAT ARE WE REALLY RECOVERING????

- TO RECOVER = TO FIND SOMETHING THAT WAS LOST. WHAT DID YOU LOSE?
- IF DRUGS/ALCOHOL/FOOD/SEX/ETC. ETC. ETC. ARE ONLY SYMPTOMS OF THE DISEASE WHAT'S BEHIND THE SYMPTOMS?
- WHAT PARTS OF YOU WERE SPLIT OFF?
- HOW/WHEN DID THE SPLIT HAPPEN?

THE BODY BEARS THE BURDEN

“All bodies record the physical and emotional traumata of living – the happenings of life”.

– Ida P. Rolf

- **EMOTIONAL TRAUMA IS ENERGY.**
 - **ENERGY COLLECTS SOMEWHERE**
 - **CREATES KNOTS AND TENSION**
- **“THE ISSUES LIVE IN THE TISSUES”**

ANIMALS IN THE WILD



TRAUMA

- **ON A BROAD LEVEL, TRAUMA IS ANYTHING FROM ONE'S LIFE EXPERIENCE THAT REMAINS TRAPPED AND UNRESOLVED CAUSING DISTURBANCES AT THE BIOLOGICAL, PHYSIOLOGICAL, EMOTIONAL, MENTAL OR BEHAVIOR LEVELS**
- **TRAUMATIC EVENTS CHALLENGE AND OVERWHELM OUR CAPACITY TO COPE AND RESPOND PHYSICALLY AND/OR EMOTIONALLY**

**'WAKING THE TIGER' -PETER
LEVINE**

INDICATIONS OF UNRESOLVED TRAUMA

- **INTENSE EMOTIONS DRIVE REACTIONS**
- **CAPACITY TO SELF-REGULATE IS DAMAGED.
RESPONSES ARE OFTEN REFLEXIVE AND IMPULSIVE**
- **CAPACITY TO REASON AND PROCESS INFORMATION
DIMINISHES**
- **DIFFICULT TO MAINTAIN SELF-CONTROL**

ROSS 2007

NERVOUS SYSTEM REGULATION

● THE NERVOUS SYSTEM:

- KNOWS NO TIME
- WANTS HOMEOSTASIS

● TO SELF-REGULATE WE WILL:

- DRINK, DRUG, SMOKE, OVEREAT, NUMB OUT ON TV, ENGAGE IN INAPPROPRIATE SEX, SHOP, GAMBLE, ETC., ETC., ETC.

● THE PRACTICES OF YOGA AND THE PRACTICAL TOOLS OF THE 12-STEP PROGRAM HELP US MANAGE OUR STATES IN SUSTAINABLE NON-DESTRUCTIVE WAYS RATHER THAN DESTRUCTIVE ONES

LIFE HANDS US JUST WHAT WE NEED TO HEAL OUR BLOCKS

"Your conflicts and all your difficult things, your problematic situations in life are not chance haphazard, they are actually yours. They are actually designed for you by a part of you that loves you more deeply than anything else. That part of you that loves you more than anything, created roadblocks to lead you to yourself"

PRAYER FOR SURRENDER

“In any moment we can choose to turn to God. We can empty ourselves and receive Her. There is no distance to travel, no technique to master. Enlightenment is available in each moment when we choose it. It requires only saying yes to the present moment. There is nothing to do. There is no knowledge, no special learning required. No amount of doing will take us there. We need only courage to take the leap into the unknown. For it is in the unknown that we meet God.”

Rishi Prabhakar

THE ART OF EXPERIENCING

1. ACKNOWLEDGE THE FEELING
2. MAKE A DECISION TO EXPERIENCE IT.
3. BECOME CONSCIOUS OF THE MECHANISM THE MIND USES TO ATTEMPT ESCAPE
4. BRING ATTENTION TO THE PHYSICAL SENSATIONS
5. ASK HIGHER POWER TO HELP YOU STAY WITH THE SENSATION (NOT THE STORY).

**CORE: PREPARING THE
VESSEL FOR SAIL**

STEPS 4 - 9

UNDERSTANDING AND APPLICATION

THE STEPS

STEPS 4 - 9: CORE: PREPARING THE VESSEL FOR SAIL

4. **MADE A SEARCHING AND FEARLESS MORAL INVENTORY OF OURSELVES.**
5. **ADMITTED TO GOD, TO OURSELVES AND ANOTHER HUMAN BEING THE EXACT NATURE OF OUR WRONGS.**
6. **WERE ENTIRELY READY TO HAVE GOD REMOVE ALL THESE DEFECTS OF CHARACTER.**
7. **HUMBLY ASKED GOD TO REMOVE OUR SHORTCOMINGS.**
8. **MADE A LIST OF ALL THE PERSONS WE HAD HARMED AND BECAME WILLING TO MAKE AMENDS TO THEM ALL.**
9. **MADE DIRECT AMENDS WHEREVER POSSIBLE, EXCEPT WHEN TO DO SO WOULD INJURE THEM OR OTHERS.**

CORE

- IDENTIFYING THE OBSTACLES
- INITIATE THE CLEANSING PROCESS
- ACTION FOR CHANGE
- CLEANING UP OUR HOUSE
- SETTING OUR RELATIONSHIPS RIGHT

SPIRITUAL PRINCIPLES: STEPS 4 - 9

A DEEPENING OF THE PRINCIPLES PREVIOUS MENTIONED PLUS...

- Patience
- Courage
- Compassion
- Forgiveness
- Self-acceptance
- Commitment
- Perseverance

YOGA APPLICATION

IT AIN'T EASY

- **WHY DO WE EVEN BOTHER TO DO THIS HARD WORK?**
- **WHY DOES SELF-INQUIRY SOMETIMES SEEM SO SCARY?**

THE WISDOM OF GROVER...



STEP 5

- WHY BOTHER SHARING YOUR INVENTORY WITH GOD AND ANOTHER HUMAN BEING?
- THE WISDOM OF ROLF GATES
- THE WISDOM OF ERYKAH BADU



REDUCING THE KLESHAS (SEEDS)

- **CONSCIOUS AWARENESS**
- **PRAYER AND MEDITATION**
- **DISCRIMINATION (ASSOCIATION)**
- **SELF-CARE AND RELAXATION (NOT TOO HUNGRY, ANGRY, LONELY OR TIRED)**
- **POSITIVE KARMA (DOING THE RIGHT THING, FOR THE RIGHT REASON)**

*“My imperfections and my failures are
as much a blessing from God as my
success and my talents and I lay
them both at God’s feet.”*

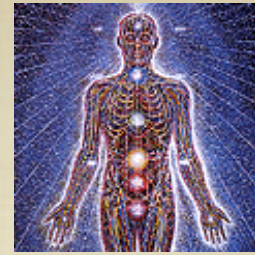
Mahatma Gandhi

CHAKRAS - THE INTERNAL DATABASES

- * 7 ENERGY CENTERS SERVING INTEGRATION OF PHYSICAL, EMOTIONAL PSYCHOLOGICAL AND SPIRITUAL FACETS INTO A WHOLE.
- * DESCRIBED AS DISKS OR WHEELS
- * STATE OF EACH CHAKRA REFLECTS THE HEALTH OF A PARTICULAR AREA
- * EVERY THOUGHT AND EXPERIENCE GETS FILTERED THROUGH THE CHAKRA DATABASES. "YOUR BIOGRAPHY BECOMES YOUR BIOLOGY."
- * WHEN CHAKRA ENERGY IS BLOCKED OR MISDIRECTED, EMOTIONAL AND PHYSICAL ILLNESS CAN ARISE.



The Chakra Model



Chakra	Location	Color	Central Issue	Excessive Characteristics	Deficient Characteristics
Root	Base of spine	red	survival, grounding	Heaviness, Sluggish monotony, obesity, hoarding, greed	Frequent fear, lack of discipline, restless, underweight, spacey
Sacral	Abdomen, Genitals, low back, hips	orange	Sexuality, emotions, desire	Overly emotional, poor boundaries, sex addiction, obsessiveness	Frigidity, impotence, rigidity, emotional numbness
Solar Plexus	Solar Plexus	yellow	Will, power	Dominating, blaming, scattered, constantly active	Weak will, poor self esteem, passive, sluggish, fearful
Heart	Heart	green	Love, relationship	Codependency, poor boundaries, possessive, jealous	Shy, lonely, isolated, lack of empathy, bitter, critical
Throat	Throat	blue	Communication	Excessive talking, no listening, over-extended, stuttering	Fear of speaking, poor rhythm
3	Between brows, above nose	indigo	Intuition, imagination	Headaches, nightmares, hallucinations, delusions, difficulty concentrating	Poor memory, poor vision, can't see patterns, denial
Crown	Top of head	violet	Awareness	Overly intellectual, spiritual addiction, confusion, dissociation	Learning difficulties, spiritual skepticism, limited beliefs, materialism, apathy

FORGIVENESS

- **WHAT IS FORGIVENESS?**
- **FORGIVENESS IS THE MENTAL, EMOTIONAL AND/OR SPIRITUAL PROCESS OF CEASING TO FEEL RESENTMENT, INDIGNATION OR ANGER AGAINST ANOTHER PERSON FOR A PERCEIVED OFFENSE, DIFFERENCE OR MISTAKE, OR CEASING TO DEMAND PUNISHMENT OR RESTITUTION. *'Jack Kornfield'***
- **'FORGIVING' FROM A SENSE OF**
 - **RIGHTEOUSNESS**
 - **OBLIGATION**
 - **BESTOWING OR PARDONING**
 - **PRETENDING**
 - **MAKING EXCUSES**

IS NOT FORGIVENESS!

FORGIVENESS

Forgiveness is not about
exoneration; instead it keeps
a person from being
victimized twice.

**EXPRESSION: THE
SPIRITUAL VOYAGE**

STEPS 10 - 12

UNDERSTANDING AND APPLICATION

THE STEPS

■ STEPS 10 - 12: SET SAIL ON THE SPIRITUAL VOYAGE

10. CONTINUED TO TAKE PERSONAL INVENTORY AND WHEN WE WERE WRONG PROMPTLY ADMITTING IT.
11. SOUGHT THROUGH PRAY AND MEDITATION TO IMPROVE OUR CONSCIOUS CONTACT WITH GOD, AS WE UNDERSTOOD GOD, PRAYING ONLY FOR KNOWLEDGE OF GOD'S WILL FOR US AND THE POWER TO CARRY IT OUT.
12. HAVING HAD A SPIRITUAL AWAKENING AS A RESULT OF THESE STEPS, WE TRIED TO CARRY THIS MESSAGE TO _____ THAT STILL SUFFER AND TO PRACTICE THESE PRINCIPLES IN ALL OUR AFFAIRS.

EXPRESSION

- MAINTENANCE, KEEPING IT CLEAN
- DEEPENING THE INNER RESOURCE
- GIVING IT AWAY

SPIRITUAL PRINCIPLES: STEPS 10 - 12

A DEEPENING OF THE PRINCIPLES PREVIOUS MENTIONED PLUS...

- Self-discipline
- Integrity
- Tolerance
- Unconditional love
- Sharing and Caring

DAILY INVENTORY

- **CAPTURE AND REVIEW MOMENTS OF YOUR DAY**
 - **INVOKE DIVINE PRESENCE. SEE, FEEL, EXPRESS GRATITUDE FOR THE EXPERIENCES**

- **ASK YOURSELF IF YOU GAVE ANYONE PAIN TODAY.**
 - **IF SO, FEEL THEIR PAIN, BRING THE IMAGE OF THE PERSON BEFORE YOU AND ASK FOR THEIR FORGIVENESS**

- **ASK YOURSELF IF YOU FEEL PAIN FROM ANY INTERACTION.**
 - **AFFIRM: ‘ALL PAIN IS NOT IN THE FACT, BUT IN THE PERCEPTION ABOUT THE FACT’. BLAMING OR LOOKING TO CHANGE THEM OR ANY OTHER DISTRACTION WILL NOT ELIMINATE THE SOURCE OF THE PAIN**

 - **STAY WITH THE IT. (THE ART OF EXPERIENCING)**

- **BLESS ALL THOSE WHO HAVE TOUCHED YOUR LIFE TODAY**
 - **BRING THE IMAGES OF ALL THAT HAVE TOUCHED YOU TODAY. BLESS THEM AND GIVE THANKS.**

PRAYER AND MEDITATION

- **WHAT'S THE DIFFERENCE?**

- **PRAYER IS A CONSCIOUS ACT**

- **MEDITATION JUST HAPPENS; IT'S A TOTAL IMMERSION ON THE EXPERIENCE**

3 GO-TO TOOLS

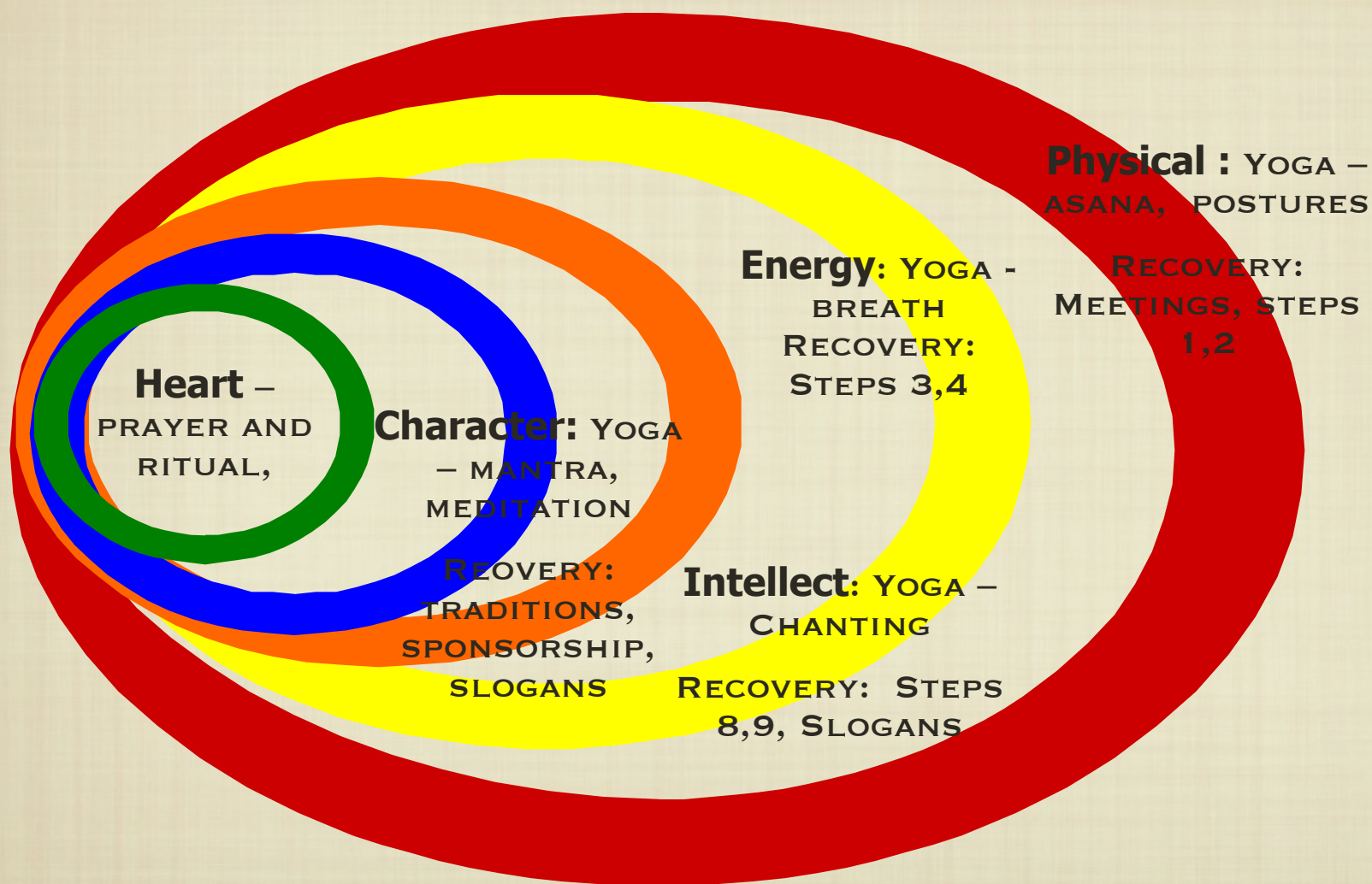
● **NAME 3 GO-TO TOOLS YOU CAN USE WHEN YOU ARE TRIGGERED**

● **GROUNDING AND BREATH**

● **SERENITY PRAYER**

● **TONGLÉN PRACTICE**

TOOLS TO NOURISH EVERY DIMENSION



RESOURCES

- **WAKING THE TIGER - PETER LEVIN**
- **THE HEART OF YOGA - TKV DESIKACHAR**
- **YOGA FOR TRANSFORMATION AND YOGA FOR WELLNESS - GARY KRAFTSOW**
- **ONE BREATH AT A TIME - KEVIN GRIFFIN**
- **HOW YOGA WORKS - GEISHE MICHEAL ROCHE**
- **FACING CO-DEPENDENCE, INTIMACY, AND FACING LOVE ADDICTION - ALL BY PIA MELLODY**
- **WHEN THINGS FALL APART, COMFORTABLE WITH UNCERTAINTY AND ANYTHING ELSE BY PEMA CHODREN**
- **Y12SR FACEBOOK PAGE**

**GOD, GRANT US THE
SERENITY TO ACCEPT THE
THINGS WE CANNOT
CHANGE, THE COURAGE
TO CHANGE THE THINGS
WE CAN AND THE WISDOM
TO KNOW THE
DIFFERENCE.**